

## **Trichobezoar-Induced Gastric Outlet Obstruction: A Case Report**

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### **Abstract:**

Bezoars are collections of non-digestible matter that accumulate in the stomach and can extend to the small bowel. Trichobezoars, made up of hair, are rare but more common in young females with a history of trichophagia (eating hair and nails). These bezoars develop slowly and can cause serious complications such as gastric outlet obstruction, bleeding, intussusception, and perforation peritonitis. Conventional laparotomy is the preferred method for removal.

Bezoars, though rare, can cause significant gastric and small bowel obstructions. Small hair collections can build up in the intestinal tract, causing serious symptoms. While minimally invasive techniques may work for smaller obstructions, the large size of the trichobezoar make surgical intervention necessary. Early diagnosis, appropriate surgical intervention, and comprehensive psychiatric support are essential components of effective management and long term outcomes in such patients.